



HEALTH SCORE

74%

Thai Tuna Burgers



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds tuna steaks fresh minced
- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup carrots grated
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 0.3 cup green onion finely chopped

- ☐ 0.5 teaspoon ground cumin
- ☐ 6 hamburger buns
- ☐ 1 tablespoon catsup
- ☐ 6 lettuce leaves dried rinsed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon lite soy sauce
- ☐ 2 medium tomatoes sliced

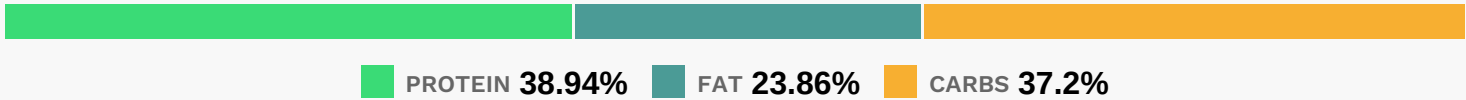
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ In a bowl, thoroughly mix minced tuna, bread crumbs, green onion, carrot, ginger, cilantro, sesame oil, ketchup, soy sauce, cumin, salt, pepper, and egg. Cover, and refrigerate for 30 minutes.
- ☐ Preheat oven broiler.
- ☐ Form tuna mixture into 6 patties, and place in a broiler pan on top oven rack. Cook, uncovered, 4 minutes per side, or until easily flaked with a fork.
- ☐ Serve on hamburger buns with lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:13.59, Inflammation Score:-10, Nutrition Score:31.904782502548%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 355.8kcal (17.79%), Fat: 9.24g (14.21%), Saturated Fat: 2.24g (14.01%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 30.13g (10.96%), Sugar: 5.99g (6.66%), Cholesterol: 70.37mg (23.46%), Sodium: 633.68mg (27.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Vitamin B12: 10.88µg (181.27%), Vitamin A: 5586.42IU (111.73%), Selenium: 57.84µg (82.63%), Vitamin B3: 12.8mg (64%), Vitamin D: 6.61µg (44.07%), Vitamin B1: 0.65mg (43.02%), Phosphorus: 386.98mg (38.7%), Vitamin B6: 0.65mg (32.3%), Vitamin B2: 0.53mg (31.19%), Manganese: 0.51mg (25.47%), Iron: 3.81mg (21.15%), Magnesium: 83.24mg (20.81%), Folate: 75.68µg (18.92%), Potassium: 560.96mg (16.03%), Vitamin K: 15.77µg (15.02%), Vitamin C: 11.79mg (14.29%), Vitamin B5: 1.43mg (14.28%), Vitamin E: 1.74mg (11.62%), Calcium: 112.26mg (11.23%), Copper: 0.21mg (10.71%), Zinc: 1.4mg (9.31%), Fiber: 2.26g (9.06%)